



## Objectives

Identify healthy food choices on MyPyramid.

Learn how to make healthy snack choices.

Discuss the need to balance the energy provided by food with physical activity.

## Supplies Needed

May

Pick a **better** snack™ & **ACT** bingo card

Kindergarten – “Let’s Go On A Snack Hunt” worksheet

1<sup>st</sup> Grade – “Power Panther’s Picnic” worksheet

## Note to Teachers

The May lesson will focus on the Eat Smart. Play Hard.™ campaign, in addition to the Pick a **better** snack™ & **ACT** fruit, vegetable and physical activity lessons.

Food and Nutrition Services of the United States Department of Agriculture developed the Eat Smart. Play Hard.™ campaign. Eat Smart. Play Hard.™ is about making America’s children healthier. It offers practical suggestions that will help motivate children and their caregivers to eat healthy and be active. The campaign messages and materials are fun for children and informative for caregivers.

Power Panther™ is the spokes-character for the Eat Smart. Play Hard.™ campaign. Power Panther™ is proud to be very fast and physically fit. He can jump as high and as long as a tractor-trailer and can climb the tallest trees. He’s also a great swimmer and hiker. Power Panther™ loves to walk, run or bike most days of the week. He can cover 20 miles a day!

Because Power Panther™ plays hard everyday; he needs to keep his energy level up. He eats smart and uses MyPyramid as a guide. Power Panther™ eats a variety of fruits, vegetables and whole grain foods. He hopes boys and girls everywhere will make healthy food choices and be physically active!

Power Panther’s nephew, Slurp, lives with him. Power Panther tries to set a good example by showing Slurp how to make healthy food choices and keep active every day. Slurp doesn’t always make the best choices but he wants to be strong and fast – just like his Uncle Power Panther!

## Background

**Balance Your Day With Food & Play** is one of the Power Panther’s messages to children. For good health, individuals need to combine making nutritious food choices with physical activity. Both are important to keep our bodies strong.

Healthy food choices will help children

- be mentally and physically fit,
- maintain a healthy weight,

- reduce risks of certain diseases like heart disease and high blood pressure,
- grow and develop, and
- have energy to learn and play.

Use MyPyramid as a guide to healthy eating. Eat plenty of fruits and vegetables, whole-grains, low-fat dairy products, lean meats and dry beans. Limit foods that are high in saturated fats and sugar.

**Move More. Sit Less.** is another one of Power Panther's favorite sayings. Physical activity is fun, makes us strong and makes us feel good.

Physical activity helps:

- promote sound sleep,
- boost energy,
- people feel good,
- keep the heart and lungs happy,
- control weight to decrease the risk of many diseases, and
- builds and maintains healthy bones, muscles, and joints.

Activities that encourage sitting should be balanced with active play. Watching television and playing computer and electronic games should be limited to less than two hours per day.

*(Adapted from [www.fns.usda.gov](http://www.fns.usda.gov))*

## Web Site Resources

[www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack)  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)  
[www.mypyramid.gov/kids/index.html](http://www.mypyramid.gov/kids/index.html)  
[www.fns.usda.gov/eatsmartplayhardkids.html](http://www.fns.usda.gov/eatsmartplayhardkids.html)

## Do the Activity: Kindergarten

Give each kindergarten student a "Let's Go On A Snack Hunt" worksheet. Read the fruit and vegetable words to the children. Draw a line from the whole fruit or vegetable to the corresponding picture showing what it looks like on the inside. Color Power Panther according to fruit color codes.

## 1<sup>st</sup> Grade

Distribute "Power Panther's Picnic" worksheet. Find 10 snacks in the picture. Students' can draw their favorite snack in the picnic basket and share that with the class.

**Talk It Over:  
Kindergarten**

What is in Power Panther's treasure box? *fruits and vegetables*

Why would Power Panther consider these a treasure?  
*Because they help keep him powerful! He wants to snack on foods that are healthy and good for his body and for Slurp's too (his nephew)!*

Power Panther wants Slurp to move more and sit less. What does this mean? What could you do to move more at recess? What could you do to sit less at home? How could we move more at school as a class? (Students stand and pretend to do the activities.)

**1<sup>st</sup> Grade**

What activity is Power Panther planning to do at the picnic?  
*Ride his bike.*

Substitute your favorite healthy snack and physical activity in the following sentence: "Balance your day with food and play."  
For example, "*Balance your day with apples and tag.*"  
"*Balance your day with baby carrots and walking the dog.*"  
(Students can act out the activities next to their desks.)

**Apply:**

Healthy food choices are pictured at the bottom of MyPyramid where there is more space. This is to encourage you to eat these foods most often. Let's think of some healthy foods that belong at the bottom of the pyramid. (Select as many food groups as there is time to discuss.)

Can anyone name healthy food choices from the milk food group on MyPyramid? (*milk, cheese, yogurt*)  
Milk is found at the bottom or base of the pyramid. Ice cream is at the top of MyPyramid because it has extra sugar and fat added to it.

Can anyone name healthy food choices from the grain food group on MyPyramid? (*whole wheat bread/toast, oatmeal, brown rice, whole wheat crackers*)

What snack foods are less healthy choices? (*cookies, cakes, soda pop, chips, candy*) These foods taste good but have extra amounts of sugar and fat. We should eat them once in awhile rather than everyday for snacks.

Our bodies can use the extra energy from sugar and fat by

playing harder. What activity or game would you suggest for Slurp when he wants to play hard after school? (*walk fast, play basketball, ride a bicycle, run in the yard with his dog, play tag with his friends or hide and seek with Power Panther*)

Teacher: Discuss the foods and activities on the May Bingo cards. Remind the students that when they eat one of these foods, or do one of the activities in the pictures, they can put an "X" through it. On the back of the Pick a **better** snack™ & **ACT** bingo card for each month, there is information for their families. At the end of the day remind the students of Power Panther's advice: "Move more. Sit less."

### Extended Activities



#### Art, Music & PE

Read and move to Bearobics: A Hip-Hop Counting Story by Vic Parker, Viking, 1996. Children will enjoy these lively rhymes.

Make posters for the classroom or school that reflect Power Panther's advice: "Move more. Sit less."



#### Language Arts & Reading

Create several rhymes about healthy eating and activity, as a class. Use the book, Bearobics: A Hip-Hop Counting Story as a guide.



#### Math

Review the counting in Bearobics: A Hip-Hop Counting Story in the Art, Music, & PE Extender.

Power Panther wants Slurp to play at least 60 minutes every day. Create story problems involving different activities throughout the day that add up to 60 or more minutes of play.



#### Science & Health

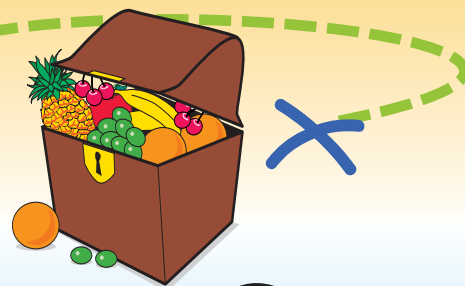
Bring in a stethoscope and have the students listen to their regular heartbeat. Then after the physical activity in Bearobics: A Hip-Hop Counting Story, have them listen to their active heartbeat. Which is faster?



#### Social Studies

Tell the students what physical activities (games) you played in elementary school. Ask other adults in the school to share with the class. Do children still play these games?

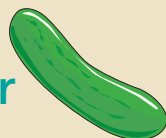
# Let's Go On A Snack Hunt



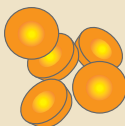
## Inside/Outside

Draw a line to match the outside to the inside.  
Trace the first letter of the name of the fruit or vegetable.

Cucumber



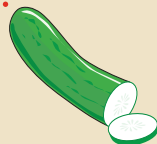
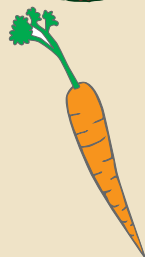
Pineapple



Tomato



Carrot



-Purple



-Red



-Yellow



-Orange



## Color By Fruit

Find crayons that match the colors of the fruits.  
Color the spaces on Power Panther to make a cool picture.

# Power Panther's Picnic



1. Someone has hidden Power Panther's snacks. Help him find them.

How many did you find? Circle the right number.

4      7      10

2. Draw your favorite snack in the picnic basket.



Food and Nutrition Service

The USDA is an equal opportunity provider and employer.



Answer to #1: 10

# PHYSICAL ACTIVITY



### Objectives

Understand that physical activity is something you choose to do.

Realize how fun physical activity can be.

### Supplies Needed

May

Pick a **better** snack™ & ACT bingo card

One “Tic-Tac-Toe” worksheet per set of partners

Bean bags or other objects for Tic-Tac-Toe boards

Lively music

CD or Tape Player

### Background

Children are innately physically active if they have the opportunity. They should receive some type of physical activity at least every two hours. Children benefit most from play rather than from formal exercise. Children will be more likely to remain active throughout life if they have positive experiences in physical activity when they are young. School performance is better when children have the opportunity to be active during the day.

Compared to inactive kids, children who are active experience higher self-esteem and confidence, reduced stress and anxiety and improved overall health. Children should aim for 60 minutes of activity per day.

### Web Site Resources

[www.idph.state.ia.us/pickabettersnack](http://www.idph.state.ia.us/pickabettersnack)  
[www.mypyramid.gov/kids/index.html](http://www.mypyramid.gov/kids/index.html)

### Do the Activity: Tic-Tac-Toe

Begin by discussing with students what activities they enjoy. Spring has finally arrived – what activities have they been looking forward to doing outside?

Note: before class you will need to copy tic-tac-toe boards, or have the students create them. Another option is to use sidewalk chalk on the playground outside to create a tic-tac-toe board.

Have the students find a partner and an open space in the classroom where they can place their Tic-Tac-Toe board and be physically active.

Begin the game with simulating jump roping. Partners must

get into position, one on each side of the Tic-Tac-Toe board. They will play a game of Tic-Tac-Toe, remaining in position until the game is ended. The players decide who will go first.

On the “go” signal (music starts), both players jump together. When the music stops the first player places a beanbag on the board. The music then starts up again and then stops to allow the second player to place a beanbag on the board. Play continues in this fashion until there is a winner or the game is a draw. For each new game, the students will choose a different physical activity to perform in-between turns. Some other physical activities might be:

1. Jumping jacks
2. Running in place
3. Skipping in place
4. Leaping
5. Dancing
6. Inventing their own move

After two games have the students find a different partner to play two more games of Physical Activity Tic-Tac-Toe. Let the students create or invent their own moves to teach their partners.

## Talk It Over:

Ask the students:

What other activities do you find fun?

Are there certain activities you like to do every day?

What activities are fun to do in the different seasons?

What is your favorite physical activity?

Who is ready to be active this summer?

## Apply:

After the students have completed the Physical Activity Tic-Tac-Toe ask them what bingo card activity could be checked off. (*Students will be able to check off “jump rope.”*)

Remind students of other activities they could do with a friend or by them self and that would help them complete their bingo card.

- |                 |       |      |
|-----------------|-------|------|
| • Run           | Play  | Ride |
| • Jump rope •   | Plant |      |
| • Rollerblade • | Slide |      |
| • Bowl          | Walk  |      |





# Tic - Tac - Toe

